

**Do you want to be a LOSER?**

**No, then you must read this  
booklet.**

# **Tips for Teenagers**

**By Guruji Pt. Ramkrishna**

**Awake! and stop not till the goal  
is reached.**



**Swami Vivekananda**

**Sponsored by: Samantha Nair**

**I am gifting this book to**

**All the  
Blessed**

**Teenagers**

**Who are bound to be**

**Lucky**

**and**

**Successful**

**in LIFE.**

**...Guruji Pandit Raamkrishna**



**Do you want to fare  
well in all the tests  
and the examinations  
of life?**

**If yes,**

**Then, follow the  
guidance given in  
this booklet by  
reading it  
attentively.**



**First of all**, it is absolutely necessary to know

What is the **purpose** of life?

→ The **purpose** of life is

**(first) to benefit the self  
and (then) the others,**

i.e. **to render services for the welfare of ALL.**

आत्मनो लाभार्थ  
जगत् हिताय च

*(Ātmano lābhārtha, Jagat hitāya cha)*

→ You will never know what you shall lose in life if you don't read this **booklet**.

→ Please do not read this booklet, if you have destined to be a **LOSER** in the race of your life.

## **This booklet contains**

1. Most Important Tips1
2. Most Important Tips2
3. Most Important Tips 3 (1-210)
4. Your goals (4-16,50,81)
5. Weight charts
6. How to do the **right Time management.**  
(16,35,81,111,149,172,173,202)
7. How to develop a **strong Will Power** for achieving great success.
8. **7 General Formulae** for achieving **success** in the competitive exams.
9. Tiny **inspiring tales** towards achieving success (Linclon, Edison, Chester Carlson, Wilma Rudolph, Amitabh Bachchan, Abdul Kalam).
10. Author's Personal note on earning money
11. Goal of Life: To Live Happily Forever
12. **Study techniques.**
13. **Outline your specific goals.**
14. **Motivational tips for growing interest in studies**
15. How to **Control your mind** for **achieving deep concentration.**

16. Reading Intelligently
17. Note making/ taking, Benefits of writing
18. Examination strategy,
19. Time Management
20. Learning & Memorisation Techniques
21. How to develop a **strong Memory, Memorization tips;** Memorisation Techniques(25,29,31,78,86,87)
22. Surveying, Questioning,
23. Reading Techniques, Reciting,
24. Reviewing, How to memorise well
25. Tips for selecting **right vocations**
- 26. General code of ethics and attitude at workplace.**
- 27. Tips for scoring good marks** in the examinations.
- 28. Tips for faring well** in the tests of life.
- 29. Tips for being practical and diplomatic by word and action.** (59,100)
- 30. Personality development:** Being presentable and smart.
- 31. How to better your physical and mental health:** Guidance for tackling with the adverse situations successfully.
- 32. Duties** and responsibilities of teenagers

towards parents, relatives, society and the nation.

**33.** Dharma, **Religion**, belief, superstition, truth vs lies, Punya, pāp/sin, hell and heaven.

**34.** **Guiding QUOTES** of the great thinkers.

**35.** Don't Quit

**36.** Love - Music - Success- Life

**37.** National Pledge of India

**38.** National Integration Pledge

**39.** National Anthem

**40.** National Song

**41.** Sāre jahān se achchhā hindustan

**42.** Synopsis of the book

**43.** Why did I write this book?

**44.** Author's Remarks

**45.** Profile of Author

## **Most Important Tips 1**

**Do all the most important works like study when you are most energetic and wide-awake**  
(usually after you get up enjoying a sound sleep); please, don't waste that **PRIME TIME** by postponing with cartoons, serials, music and dance shows on **TV** or by reading **newspapers**, stories, novels, thrillers and getting indulged with mobile phone, Quora, Facebook, Youtube, What'sApp, Instagram/X, social media or other kinds of distractions for the posts made there have magnetic charm being very attractive and highly interesting. You can go for them when you are extremely bored or tired.

You must know the **secret of Time Management i. e. punctuality, priority, regularity.** Learn it and practise it devotedly, for time never comes back and hence a life cannot be imagined without time.

**The guided self-help can bring all sorts of success related to learning, career and life.**

Your future will depend completely on the fact 'How much effort and how much hard work you put into a project.' It is foolish doing nothing, thinking that God will do everything in your favour responding to your devoted prayer.

**Only right planning and proper execution can bring results and **nothing else.**** You have to be clear on your part not to do anything that brings a guilty feeling within yourself. Means, don't do anything that you think wrong.

Please, never reveal your plan or project to others before it is fairly completed, for any unsuspected audience can badly sabotage your labour of love: it is a trade secret.

**To save time, gather only that much knowledge which you can sell for earning a decent living, besides the very ones that you can use for life.**

## **Most Important Tips 2**

1. The key to all Success (**mantra**) is
  - a) **to keep moving slowly and steadily** in any of the ventures you undertake,
  - b) **to keep practicing repeatedly** until you acquire fair mastery over a task,
  - c) **to bounce back if you meet any failure.**
2. You must give prime importance to meticulous **planning, punctuality, and executing** a task completely.
  - a) You must know which action needs **priority**.  
You must bear an attitude of making adjustments with situations of life.
  - b) If needed, please be polite, for it works.

3. You must develop the skill of **balancing acts** and must observe the balance between physical and psychological activities in your day to day life.

**4. Please remember,** this world runs on the **policy of exchanges** and on the **return of favours.**

**5. Read attentively all the tips given above and below.**

- *Apply these tips in your day to day life* for achieving the best results, to become a successful person and a happy soul.
- *Try to remember these tips by heart* (as much as possible), even if you find them pretty boring; they shall help you at the nick of time.

## **Most Important Tips 3**

1. You **must** have a **will** (coveted desire) first.
2. **You must strengthen your will power** for achieving any success.
3. You must have an **intense and burning desire for achieving something very meaningful** in your life. Have great ambitions but don't be over-ambitious.
- 4. You must have a decent goal of life.**
5. Set a **decent goal** and chalk out the **plan** for achieving the goal. Goal '**setting**' is important, '**doing**' or '**performing the tasks devotedly for achieving the goal**' is more important. A goal gives direction, purpose and meaning to life.
- 6. Opt for a small goal.** Achieving a short-term goal is like winning a game, but achieving a long-term goal is like winning a tournament.
7. A **winner** is someone who sets his goal, commits to himself, and then pursues for it wholeheartedly.
- 8. Don't set any impossible goal, which is**

beyond your capacity, e.g. goal of eating the moon. **Set a bit difficult and higher goal** for deriving a bigger satisfaction. If you set a higher goal, you may achieve something better than average.

#### **9. Fix your goal of life right now.**

*For setting a goal, you should consult your guardian, parents, elders and friends. You also can take help of any professional guide or career counsellor revealing your taste and liking.* Finally, you should take help of your own conscience and free will for selecting your ultimate goal judging all pros and cons of the goal.

10. Do everything possible for achieving your goal using all fair means **without losing courage and patience.** While proceeding, don't get even slightly deviated and distracted from your goal and don't stop because of any crisis as it is in book cover.

11. Don't get afraid of the toughness of your project or the objective. Observe perseverance for success.

12. **Make your will very strong** for the achievement of the goal.

13. Strengthen your **will power** by practicing on it diligently. For the know-how

of the methods and the guidelines, see the related topics given later in this book.

**14. Be confident and have a faith upon your own person by increasing your power of concentration. Train your mind by saying: what others can do, I can also do that.**

15. You must overcome your **inferiority complex** (if you have any) by your sheer will power. If you establish connection and friendship with people, the complex will not hinder your progress. **Build a good rapport with others.**

16. Remember the fact: Any one can reach the goal fast and easily if s/he knows **techniques of time management, the most important thing of life.**

17. Have a passion and an unending patience for success. Delay is but a natural happening for any good cause. *Remember, Rome was not built in a day.*

18. You must try to create **goodwill** by building a reliable **image** of yourself while being punctual, responsible, integrated, honest, learned, truthful, conscientious, forgiving, compassionate, social, progressive,

liberal, generous, diplomatic, strong, fast decision maker, flexible and hardworking so that people feel comfortable with you. If people start trusting and depending on you, it shall be a great success on your part which will bring a lot of satisfaction and happiness for you along with health and wealth in your favour. By any chance, if any influential person gets impressed from your dedication, services and good qualities, he/she might be a great help regarding your career or getting a good job.

**19. Quality is the essence. Chase quality, quantity will chase you** (a quote by late Subroto Roy Sahara). But remember, **only quality will not end up making you successful** and contented for which **you have to gather a goodwill** of influential people. Also, you have to persuade those who can assign you jobs for money, property, position, prestige and good health.

- Please remember that, only quality is not enough for success; **there must be opportunity for application of your talent.** Thus, giving due importance

to your taste, acquire such a quality for which there is plenty of job opportunity. Moreover, people in influential positions must be ready to offer a chance and opportunity to the qualified ones, leaving aside their prejudices. ***Ability is nothing without opportunity*** (Napoleon Bonaparte).

**20. Muhammad Iqbāl** has stated a universal truth:

हज़ारों साल नर्गिस  
अपनी बेनूरी पे रोती है,  
बड़ी मुश्किल से होता है  
चमन में दीदावर पैदा।

*'Hazāron sāl nargis  
apnii benuurii pe rotii hai,  
barii mushkil se hotā hai  
chaman mein diidāvar paidā.'*

The flower of narcissus weeps for thousand years at its no aura/ beauty, a real viewer gives a (rare) visit to a garden with a lot of difficulty.

**21.** Accept delays in success (*Barā kām ke liye barī riyazat ki zaroorat hoti hai*). Don't get frustrated from the delay and failure as the Upanishad guides us by saying, **shreyānsi bahu vighnāni**- there are many hurdles in the path of (virtue) good. Thus,

don't get hurt if your noble expectations don't meet. Moreover, it is worth remembering in this context, that '**no pains, no gains**', therefore keep striving.

**22.** Be a thinking and contemplative person but be a person of practical sense too. **One needs to be a pragmatic person.** If you are analytical at the same time, you are in a better position regarding your knowledge and life.

**23.** Have a **cool mind**, as **excitement** spoils the game. The excitement is related to **high speed**, when you get no intermittent time to think and execute. **Excited mind is preoccupied**, which can't store things properly. Thus, **move slowly** while **controlling your mind.** Haste makes waste.

**24.** While learning anything, firstly observe a slow pace, for '*slow and steady wins the race*'; secondly **learn by a small chunk** of study material for it is not easier carrying a heavy load at a time and thirdly do repeated practice for memorizing and internalizing something perfectly even if you don't like the task. At the end, you will discover surprisingly that you started liking the task unknowingly.

**25.** Don't attack your study material (**any task**) from the centre but from one end (preferably from the beginning) for having a better grasp over the subject. **Make your basics always clear and have mastery on your basics** (especially the study material). Chandra gupta Maurya could not defeat the Greeks in his first attempt as he did not attack them from an end. →Anything cools down by the outer ends first. Extreme ends are susceptible to attacks. *In education, strong foundation of basics is extremely essential. If your basic study is good, you will face almost no difficulty in your advanced studies for advanced course materials are based on the simple basics. Strong basic knowledge always has great benefit, great importance and great value while proceeding further. To clear the basic concept, one has to understand the study material well, especially, the true meaning - word by word.*

**26.** Clear your basics first. It requires knowing right meaning of the terms used in the study material as it helps in understanding and building the right concept. Knowledge of etymology works as a great tool.

**28.In our country there is no diagnostic teaching, except in music teaching sometimes. Diagnostic teaching can ensure a genuine success.**

• Try to understand the concept of the study material first and then memorise it. If you don't understand the subject, just do the rote learning and memorise the whole thing. For a better recalling, one should memorise once, twice or thrice after a gap of one, two or three days. This is how something gets stored in **short term memory** and **long term memory** (relearning always helps in retaining something very well in the memory).

→ First memorisation just helps in storing study material in the short term memory and it easily gets forgotten, especially the educational material. **Audio visual aids help achieving a better retention.** Once something is memorized, one can practice the same by changing the order for some time (it comes under **serial and free recall**).

→ Second and third memorization (while writing too) fixes the study material for quite a long period.

- Study and brain rest is very much essential for it boosts better **retention**. Both mental and physical rest is good for memorization. *If something has immediate and repeated application in day to day life, one remembers that well. Need based material remains in ones head for long time. You remember those things well that are very interesting to you.* Anything that you dislike, you automatically forget with passage of time.

**31.** A good memorization helps in reproducing and writing the things in fast speed during the examination. While you are appearing in the examination, write fast with legible and good handwriting for securing good marks. Moreover, **be to the point** all through. Don't be verbose and avoid unnecessary elaboration at the same time.

**32.** Learn a big chunk of material with many points and their sub-points by making a **group of three**, as the method is easier to remember. For example, point one, point two and point three; sub-sections of point one will be like section one, section two and section three. Similarly, point two would be having its three sub-sections too, and so on.

33. A gradual but steady progress will result in accumulating a big mound made of small successes, for ‘*many a little makes a mickle; many drops make a shower*’.

34. In the confrontation between the stream and the rock, the stream always wins... not by strength, but by **persistence**.

35. It is wise to compromise amicably before the trends and demands of times → adjust.

36. Self-study is the best study for acquiring command in any subject but guided self-study is the best and the fastest way of learning something. Self-study requires a lot of patience and perseverance. Both **self-study** and **supervised study** can make one a very good achiever.

37. If you don't have a supervisor or guide, be more devoted and persistent. Move slowly, study and moot upon a smaller portion. Proceed further only after mastery over the small portion. Again have mastery over another small portion, and repeat the process for mastery over a topic.

38. To get good marks in any subject you should have a knowledgeable and

sympathetic (understanding) person by your side, who can guide you and correct your mistakes.

→ To be good at language and perfect with grammar, you must write passages on any subject useful for examination and get it checked by your guide. Let there be first draft, second draft and third draft for better grasp in the language. Please get all of the drafts checked and corrected. While getting checked, don't miss asking and clarifying your doubts, if you don't understand anywhere. Don't move ahead unless you are satisfied, otherwise you will remain weak and imperfect in it.

→ **Unless you get yourself verified, you never know where you do stand.**

39. Increase your qualifications and repertoire of knowledge through learning. **Your knowledge will pay.** Pursue for the highest perfection and crave for achieving the topmost quality.

40. Widen your horizon of **knowledge** and **experience** through studies and observation of life. Take lessons from the occurrences around you. Remember, **knowledge is power.** Also remember, if knowledge is power, **execution gets thing done**, i.e. you

must apply your knowledge for getting works done and don't waste your times idly.

41. You must also take account of the fact that to be successful and happy in day to day life you must **socialize** yourself too, but in a **balanced** proportion, for only rote learning, information and only bookish knowledge can't make you a complete person. To be a social person you will need to be a confident fluent speaker. While speaking, notice whether you are uttering every word clearly or not. **Clear diction is very essential for good communication.** → *Fluency and sensible speaking shall help in developing leadership quality in you if you nurture it well.* You would then be able to face challenges of life at ease.

42. You must have friends who encourages and helps you in your trying times. **Don't be selfish while returning their favour** too. → *Avoid company of people with negative vive, negative outlook and negative attitude.*

43. **If you can't make friends, change your attitude.** Be humour loving, sportive and gregarious, within a short period, you will see many people around you with similar mental set up. → If you become member of a sports club or be active in games and sports,

play cricket or football; if you can manage some time for the gainful activities of the society and deprived souls, you will never be alone. Once you are in demand, you will feel happier than earlier.

**44. To be popular you have to show a special talent**, such as telling jokes, playing cards, palm reading, magic, dance skill, singing pop-songs or popular film songs, etc. At the same time you must look presentable.

45. It is a known fact that bachelors and boys are not rather heedful to cleanliness and order, quite opposite to the girls, by and large. A big NO to stinking socks and clumsiness. Tidiness, neat and clean room, organized books, pens, dress materials, shoes and socks, and so on will keep you tension free, when you plan to go out.

**46. Remain curious throughout your life.** Rejuvenate your curiosity by becoming watchful → Pariprashnena sevayā... Geetā.

**47. As a student, be a good listener.** None of us listen to carefully and don't remember the lectures of our teachers; it happens because of **lack of attention and concentration**.

→ Develop patience for listening to others. **Your mind is hyperactive during the period of teenage.** You keep on thinking the

face of the person whom you like and love. You are more interested in fiction, sports, films and sense enjoyments; thus your mind remains always preoccupied in all these thoughts. As a result, you fail to pay attention to the study material and lecture of teachers.

→ While reading, don't always do a mental reading, read by uttering as much loudly as you can hear what you are saying.

→ Try to check whether you **understood** what you have read or do you **remember** what you have read. In this way, you will be able to learn at least something valuable.

**48. Heredity and environment** play a very important role in the development of a teenager. Even if you come across vast obstructions, don't lose heart, all hurdles will disappear if you face them courageously with positive attitude.

49. All the teenagers are not equally privileged because of parental, financial, societal, academic and cultural background. Your look is also different because of gene and environment. Such situational differences become the root of many problems in study and concentration, and they create a lot of mental turmoil. Do not get intimidated by them, **keep on trying hard**, you shall be

successful and surely reach somewhere close to your realistic dream.

→ During teenage, your body grows very fast and mind keeps wandering aimlessly; please, coerce your mind to focus hard, finally you shall test the victory and success.

→ Remember the fact that, **in this world there are few selfless true guides (except your parents and intimate ones) who lovingly will tell you what is right for you, and persuade and coax for your welfare.**

50. Many times privileged teenagers fail in fulfilling their duties. It happens because of the teenagers' own skewed mental set up; if not, then they are after enjoying their life using whatever means catches their fancy. It requires regimental training like what is being imparted in military forces for *our body and mind just tries to be free from all restrictions and disciplines*. Therefore, a teenager must train and discipline his or her mind in such a way so that he/ she is capable of moving towards a suitable and coveted goal inch by inch. All the endeavours must be highly focused to reaching the goal and realising the success.

→ The talented teenagers must not distribute their activities in too many

**directions**; anything that interests them, for times wasted does not come back. It is so, because **in the same period of time**, i.e. **in a class, all students sit for the same period of time, but some students grasp, remember and better in comparison to others**. It happens because of individual's personal abilities, giftedness. *Daydreamers, romantic souls, fantasy- novel- drug lovers- crime- sex addicts have less hope for success.* **One has to be ones own guide, and surely a strict guide, the ATMA-GURU (ones own guide), otherwise failures will loom around.**

→ During the times of teenage, advice, counsel and discourse of others sounds **NOT** appealing, therefore **all the teenagers must try to be their own boss, a strict boss indeed (guide, supervisor).**

→ Only the positive change of mentality and its active execution can save anyone from the doomed fate. *Teenagers must act to be their own motivator.* **Teenage induces a person to think him/ herself to be always right, mostly to lead to the wrong end because of the immaturity, lack of experience and illusory perception of the self.**

51. In addition to the regular and usual studies of your course material, give some

*time to develop your **GK**, the general knowledge. To do so, read newspapers, watch news shows on TV, keep communicating with friends and neighbours.*

**52. Common sense must be your principal guiding force** for any of the moves of your life, whether it is related to **your study or building relationship** with anyone.

**53. Acquire maximum command in your mother tongue** or the language you use for the most of your communications with others. The term command includes **lucid writing skill, fluent spoken skill and fast reading skill along with normal perception** of the language. It will help you best while understanding, learning and comparing other languages.

**54. In India, you must know English and thus learn English.** Any Indian must possess a very good command in English for career, communication and for excelling in studies.

→English will not appear tough at all, if you want to be familiar with it. To learn it easily, watch English movie, English TV serials, news channels, read English newspapers, be in company of people who speak English only, speak English without any fear even though full of mistake (in the beginning) and

read thrillers. Most probably there is legal binding, yet I would not suggest you to read pornography written in English (it is highly interesting and you will surely learn some English if you read it. Please exercise control upon you, and don't get addicted).

55. Make your vocabulary very strong and powerful (*books of Norman Lewis* can help). Understanding and **comprehending the contextual meaning, appropriate meaning and right meaning is extremely important and thus helpful** in learning, absorbing and remembering any subject.

56. Create your own interest in the subject that you are supposed to study by knowing its importance, multiple use and application for your future life. Proficiency in any subject will come automatically, if you do exhaustive study of it. Thus, read more and more.....and more.

57. **Cognition** (perception, understanding) and **memorisation** of any word will be easier if you try to find out the **root** of the word or if you know the **etymological meaning** of it. Associate the word with something familiar and remember a sentence that uses the word from a standard dictionary.

**58. Always be careful and cautious with your dealings with others**, be it conversation or otherwise. Don't forget to be courteous and modest to anyone.

**59. Don't reveal your weak points**, lacunae and faults before anyone. Any of your crooked audience can put you in trouble for nothing. Exercise diplomacy whenever needed. Try to maintain transparency in all your deeds. Though it is not advisable to tell a lie but you can use **lies** for greater interests of all.

60. Take guidance from an experienced person (elder), who knows you for a long time. Ask him politely the solutions of your weak points and the mistakes you normally commit in general. If you fail to get such an experienced soul to guide you, devote in studying tirelessly, many books on the subject and keep on correcting yourself.

**61. Don't absorb negative vibes as they create obstacles against the path of success.**

**62. Abandon the company of people with negative attitude.** Don't get involved in fights, censures, abuses, back-biting, condemnation, debauchery, luxury and delay response etc. **It is wise tolerating afflictions for the safety of future.**

63.Inculcate the habits of doing good things.

64.It is advisable writing a diary, comprising your daily plans, expenses, income and the things that you have done. You can write your own thoughts in it and whatever you want to communicate for general welfare.

65.Postponement of duties and procrastination come from laziness. Don't allow your lethargy overpower your body and mind, but don't forget taking proper rest.

66.Everyday you have only 24 hours. Follow a routine, otherwise it is very difficult meeting all the demands of life.

**67.If you don't make your own future, nobody will come to build it for you** (except you have doted parents in law and a nagging wife). In your student life, you yourself have to learn and master your study material.

68.Do the good things as early and as quickly as possible. You must delay and postpone the bad commitments (*shubhasya shiighram, ashubhasya kāla haranam*). Its effects are far reaching —said Rāvan, the king of demons. →When you are a youth, you love doing things in haste. **Avoid hastiness for haste makes waste.** Be

realistic and practical, and complete the task in a sobre pace, but in time.

**69. Remain happy and keep smiling.** Grave look intimidates onlookers and it becomes an obstruction against friendship. Find the means that keeps you in good humour and in fresh mood. For a change, you may read the jokes of your taste and watch comedy shows.

**70. You can be the happiest soul forever, if you have no expectation from anybody.**

71. Keep yourself always occupied with creative ideas, positive and constructive thinking, if required by applying force upon your body and mind.

72. Keep your body and mind always afresh, healthy and energetic. **Do a regular physical exercise or the yogāsans.** Walking is a simple and harmless exercise. **Rest and nutritious food in right quantity are equally required for a balanced body and mind.**

73. Remember the fact that **only the fittest can survive**, therefore try to remain the fittest or the best in your chosen field of life, be it career or study in accordance of your mental and physical health; otherwise your identity will be in a crisis.

74. Remain clean by body and mind. It will keep you balanced. If you are a non-believer, rely on your own power and support systems like parents, your well-wishers, friend-philosopher-guide and nature.

**75. Eat limited amount of fresh food whenever you feel hungry.** Avoid over-eating and extreme fasting even for self-penalization as they make you vulnerable and weak. Food that is very spicy and not fresh creates some problems.

**76. To remain spirited, active and energetic avoid overeating.**

**77. Don't disturb your biological clock for good.**

78. Works that induce sleepiness after a considerable period of time are but monotony, routine activity, sitting quietly, thinking and reading, etc. It happens mainly because of the internal demand of rest and due to fatigue of body and mind. **Memory stops functioning due to sleepiness.** Control of body and mind is lost when there is an attack of drowsiness (it is a bit different from the effects of intoxicated state). *If there is time and facility, then enjoy a short nap.* **After a short nap you can concentrate well in study or other works.** The very sleepy

feeling can be avoided by eating something, taking water, tea or coffee, taking a walk for few minutes, engaging in conversation with somebody. In short, **by distracting body and mind from the chore of the routine work, one can avoid sleepiness.** It is important to note that physical activity allows no sleepiness at all, unless one is extremely tired.

**79. Take proper rest whenever needed, if possible enjoy the sleep of about eight hours in a day and night of 24 hours.**

80. If you feel sleepy all the time, you may be weak, have nutritious foods. To combat drowsiness while studying, and when you face difficulty in concentrating on a subject, try sleeping one or two extra hours. Normally, a person feels sleepy while reading a serious subject matter.

81. Avoid lethargy strictly and don't pamper any of your laxities. **Don't waste your time pursuing anything that is not directly related to the principal goal your of life.** Even if you have to divert your attention temporarily for the time being, finish the task fast and then, immediately attend to your goal wholeheartedly, **again.**

**82. Remain up to date with the current trends of the society and the world around you.** Observe the general tendency of people. Find out **natural bent** of your age and then do accordingly what your means permit, for your life, vocation and livelihood.

**83. During the teenage you are a great powerhouse of energy which can be utilised for constructive purposes** and as per demand of the situation. You can very well preserve it and enhance it for future.

**84. Teenage is the period when you mostly remain healthy, strong and free from the worries** (with which adults are often burdened), **and remain free from any diseases** even though you undergo a lot of physical and mental changes.

85. Teenage is dominated by subtle emotions and the sentiments of love and hate. Take help of your logic and conscience before plunging for any dire consequences (action).

**86. Teenage is the time when you can remember maximum amount of information exerting minimum amount of effort.** Therefore, it is the age best suited for studies. **Remember the fact that the degree of recollection, memorisation, attention, and concentration decrease with the**

**increase of age.** It happens because of preoccupation, hectic schedule, confused life style, worries, penury, hunger, health problem and busy mind.

**87. Memory also weakens along with the age,** for people normally become more and more vulnerable and weak physically due to aging. Degree of stamina and energy get reduced in old age. → **Teenage is the perfect time for doing maximum hard work as body does not create any considerable problem.** Body and mind happily tolerates any amount of torture in teenage, if you don't ignore the food and the rest.

88. Don't deprive yourself from anything that you crave, for it will disturb your tiniest attention and concentration, to hamper your study. It will deviate and mislead you from your goal. **But, don't be after the sense gratification only.** The sensual desire is a never-ending process.

**89. Control your senses. Practise self control.** Control your greed and anger too.

**90. A teenage student has to strictly avoid watching blue-films and pornography** for mental sanity. Habit of drinking any **liquor, hard drinks, wine, vodka, whisky, brandy,** etc. or taking anything that intoxicates the

teenagers is strictly prohibited in student life and later for good.

→ People can very well live without taking tea, coffee, betel nut, soorti, zardā, gutkhā, bidi, cigarette, tobacco products, hemp, drugs, marijuana, LSD, brown sugar, opium, powder, barbiturates, etc.

→ Any of the above agents creates addiction for doomed future. Most of the crimes of the world take place during the influence of intoxication.

→ All intoxicants disturb sense control. People fail to exercise control over senses under the spell of intoxicants, therefore everybody must remain far away from all the hypnotising agents.

→ If you are addicted to any intoxicants, please leave them for the sake of your own life and for your own good.

→ People commit lot of heinous crimes mostly after getting intoxicated, such as rapes and murder. Under the influence of liquor many people commit the heinous crimes like raping own daughter, mother, children of 2-7 years, murder, communal riot, slaughter, and so on that is evident from many news items these days.

**91. Remain free from all the vices.** If you think weakness and sin are substitute of each other, then don't commit anything that makes you weak. **Definition-wise the sin (vice) is hurting others and virtue is making others feel good (happy).** Sage Vyās stated in Mahābhārat,

परोपकार पुण्याय, पापाय परपीडनम्

*Paropakāra punyāya,  
Pāpāya parapīḍanam.*

→ I consider hurting the self is also a vice, thus one must avoid hurting anybody and everybody, lest they are causing any harms.

92. Going by trend and the general perception of present world, one must be '**pehle darshan dhāri, bād me gun vichāri**', i. e. first impression is last impression, rather the lasting impression indeed. That is, you have to look smart by your clothing.

→ Remember, your first impression will depend on: how do you look, how neat and clean your clothing is, how your shoe looks, how your hair style is, etc.

→ please note that, Gandhiji before he became the well-known figure of India, used put on formal dress too, thus before

becoming a great figure, one must stick to decent clothing. According to me, **gorgeous dress or too simple apparel is not the solution.** Ones attire has to be better than average and mediocre. It is so, for **people mostly judge a person by the standard of dress and shoe.**

93. You must follow a **proper dress code.** Revealing dress is meant for intimate ones and seclusion. You are a student (or may be an office worker) and not a fashion model in schools and offices, therefore observe control. **Provocative dress has its own effect even upon a gentleman too.** You must give due respect to your immediate circle and society you live in.

**94. All the girls of any age and the teenagers, who are reading this book, be ready to take care of yourself against the rogues and cheats. You have to be careful for your own safety and chastity, thus carry pepper spray depending on the localities you move around.** Above guidance is not applicable for the wealthy females of high society to whom gaudy makeup, partying, drinking hard liquor, smoking, using drugs, bikini, wearing

revealing mini dress or bed swapping is not an issue.

→ Do not be alone even with your boyfriend, if you feel so, in the night or in any secluded spot (Applicable for Indian societal setup). The setup of any Indian metropolis surely discard my advice and above request, yet, dear girls! for your safe future follow it as much as possible. I feel, the modern and ultra-modern teenagers are after sense gratification. To fulfill the very dream they go for being boyfriend and girlfriend, and lastly they go for living together in a flat calling it the live-in relationship.

→ Do not go out of home late in the night. Learn karate or boxing. Keep some handy things ready such as pepper spray, chilly powder, some big size safety pin, etc. If situation demands, a girl can bite, hit and kill a person in self defence.

→ Testis are very sensitive and vulnerable organ of males, where if you hit hard, you shall see the desired effect. Do not give any one opportunity to think that you are cheap or a girl of low merit.

95. Boys, long before you are in a relationship, take account of the fact that the **girls many times suffer from mood swing (chiefly due**

**to pains of menstrual periodic cycles) and many internal conflicts**, as a result, they become elusive.

→ Girls can be untruthful at times, unreasonable, unpredictable and belligerent for no apparent reasons. Their behaviour might seem to be erratic, irrational and contradictory. **If you are ready to handle all these, then commit to a relationship.**

→ Girls! I would be more than happy, if you prove me wrong.

→ Boys! please take a note that not only you, males of all age are extremely greedy for gathering favour from the opposite sex, without exception, therefore even though a girl needs or needs not any help, shameless males are forever ready to offering time, energy, money, effort and others. Just a smile from her is enough for winning your heart, provided that she looks smart or talks smartly.

**Both of you teenaged boys and girls, do not get misled by the wrong signals.**

→ Remember, both the boys and girls can be no GOOD by any standard, depending on the agenda of each sex. **An exception is not a rule, but it proves that a rule is correct.**

→ By and large, girls behave like opportunists, and prove to be gold diggers. For nothing, girls often enjoy being absurd, eccentric, bitch, kind, abusive and cruel too, at the cost of civility and the weight of the wallet of the boys. Whether the girls are from the East or the West, they usually like depending on **giver males**, irrespective of being married or unmarried.

→ **Unfortunately, the mean girls take advantage of the soft corner of the boys and exploit them by money and otherwise.**

→ You shall see, as a proof of my observation, there are innumerable critical comments and jokes supporting the vices of the fairsex, but rarely you shall come across any protest by females much like sardārji jokes.

96. Give a vent to your anger and passion, but in a controlled manner. **Don't suppress your sex urge too much, otherwise you will just turn into an obsessed fool to think on the sex all the time.** A safe way to release your sex-instinct is performing the **masturbation**. **One of the best method of getting out of such obsessions is to make yourself busy in creative activities by not remaining alone, e.g. music, sports, drama, social work and**

watch films. Once you are quite tired performing some of these activities, you will hit bed and fall asleep immediately. Try to have a tight schedule of activities.

**97. Be in the company of many of your friends of both sexes for a balanced mental health.** If you are in company of female and male friends, then, by chitchatting and by passing a considerable amount of time with free eye contact, the filth of your mind will get washed off. As a result, the degree of carnal desire will get reduced. Participation in picnic, cultural activities, debate, hot and spirited discussion, hitch hiking, group travel to the places of interest, etc. can help in **incorporating normalcy** (reduced sex urge) among those who are lonely at heart.

**98. Masturbation is not a sin,** but it is better to control the act. Because of novelty factor and momentary pleasure you might be after it. **Don't perform masturbation too much, as it makes you weak both physically and mentally** (especially, for males). *It lowers your self-esteem and confidence level too.*

→ Remember, modern medical science finds no reason why masturbation would make one ‘weak’ but it also says, excess of anything is bad. I personally don’t vote for the opinion

of the medical science in this regard that masturbation does not make one weak, for I did feel weakness after masturbation.

→Teenagers may not feel weak after one or two masturbations everyday, if proper food and proper rest is given to body and mind, but excess masturbation surely has its bad impact. Masturbation is better than sexual intercourse for the teenagers, as it is hassle free, leaves no possibility of becoming pregnant and contracting AIDS or venereal diseases like gonorrhea or syphilis.

99. You teenagers have a lot of curiosity about ***how sex functions***, but do not know, how to get real knowledge of it. Please find it in your mobile phone (if you have internet connection) or go to any cyber café, google your question, you will get plenty of answers especially from Wikipedia, take help of your conscience and accept only that much what you barely need. →Books on sex education may not be easily available to you, **your peers and friends may not have the right knowledge; you might get misguided, please do a profound self study on it.**

100. Try to gather a lot of knowledge on reproductive system, reproductive organs, orgasm, ejaculation, menstruation, safe

period, pregnancy, sexually transmitted diseases, syphilis, AIDS, HIV, venereal diseases, gonorrhea, **problems of sexual relations with prostitutes, teenagers, minors** (below 18 years), eunuchs; unnatural sex and homo-heterogeneous mating, gay-lesbian relationship, LGBTQ, etc.

→ You must know the detail of legal consequences of having sex with minors; such an offensive act or crime can put you into jail to create a great problem with your study, career, life and future.

*(State does not allow mating or intercourse for persons below 18 yrs, means you are a property of the state i.e. your body and mind are not yours; they belong to the state.*

*It also means that you cannot play with your body for your own pleasure or body of others whom you like or love. You have no freedom to entertain yourself in a particular way, as the adults do. If this is not true, consensual sex is not a crime.*

*Another problem is, your female partner, who is your love and friend, can put you in trouble anytime, can declare you a rapist, if she wants, even after consensual sex; if she is anyhow displeased to you, thus avoid intercourse, unless you are married to her.*

→ Please remember marital rape is also a crime. It is not untrue for the male chauvinists who also play double standard and are dishonest and oppressive.

→ World is so bad, that even if you are right, being a male you shall be caught first as guilty and shall be put behind the bar; shall be tortured, you shall be ruined to hell; after you are pronounced no guilty, has no future.

→ No body has any capacity of returning your lost years; there is no compensation to your pains and sufferings; rogues can always misinterpret to make you the wrongdoer and the victim with the help of power play. Money and power can do all the impossible-s. Powerful ones are absolutely above all beings, and they mostly trample all the weak ones mercilessly. **99.999% people are the supporters of the powerful, and the females are the most supported species.**

→ Females, even many times extremely scheming, are the powerful species. Females must not be blamed for such kind of their personal trait, because surroundings and situations make them so, mostly. → The attention they receive make them apathetic, stoic, indifferent. Their physical vulnerability make them diplomatic. **In this world rarely**

*an absolute fool tries to be truthful, naïve, simple and honest, these days)*

**101.**In your teenage, sex seems to be a great fun, but with heavy responsibilities. If possible, avoid sexual intercourse with anybody while you are a teenager. It is best meant for the life when you are a mature adult, money earner, self sufficient and independent. Have a proper sex education before going for it.

→Store your energy for the future.

**102.**If you are in love, don't opt for a doomed career. If you have enough sense, don't flirt beyond a limit. Teenage is a very impressionable age and misunderstanding can create a hell of problems.

**103.**Please, don't encourage ragging, you can always give a positive guidance about the challenges to your juniors.

**104.**In your teenage, it is very simple to get infatuated and you may become a hero worshipper. →If you have control upon your body and mind, you are safe.

→You may come across someone with cheating propensities, who might misguide you or use you with his or her sweet talk and scheming ability; thus just be careful and be watchful on your mind and body. **Do not**

**allow anyone to take advantage of you for his or her evil purpose.**

→ Fortunately, there are no too many bad souls on prowl to defile you. The number such people are not many. **Be conscientious and don't reserve yourself to be a genuine person only.**

**105.** If you are having sex with anyone, must use a condom/ contraception pills and make sure beforehand that your partner possesses no venereal or incurable diseases like AIDS.

→ *As there exists no absolute safe period for women*, thus take care that you are not making your partner pregnant to face any social disgrace. Please don't be at the centre of disrepute.

**→ Your slightest carelessness will make you suffer for nothing, against your temporary pleasure. If you decide firmly, you can very well control all the urge and craving.**

**106.** Help your partner while offering her full support so that she can avoid all troubles without any hassle. She must take some emergency pills with the consultation of a doctor of repute (or visiting right

**hospital), and if needed, do abortion within 20 weeks in case of her pregnancy test confirms her positive.**

**107. Once a girl becomes pregnant, her menstruation stops.** Sometimes, cycle of menstruation can change due to some unknown reasons, then she requires consulting a qualified doctor of good reputation and **surely not a quack.**

**108. Take healthy food and proper rest** (about eight hours sound sleep) **if you have enjoyed uncontrolled masturbation or pleasurable sexual intercourse with anybody.**

**109. Remember it well that, food intake, sleeping duration, sex urge and fear keep on increasing, if there is your willful personal support. Don't be supportive to vices and don't give undue importance to these activities.** If you can't control, opt for counseling or take guidance from the doctors or psychiatrists.

**110. If needed, put black curtains to the windows or opaque soft cloth over your eyes while sleeping in the day times to avoid unwanted light (in the absence of dark room).**

**111. Control your crush, infatuation and obsession for good.** Infatuation, which is

transient by nature, normally leads you to astray.

→ The state of *feeling low* can be controlled better by reading jokes and humorous books; by engaging oneself into diverse interesting works or being in the company of good friends; at the heck of it, go for a likeable movie/ watch VCD/DVD of your likings.

→ A toiling work and a good sleep after tremendous fatigue will cure the problem of infatuation almost completely.

→ Infatuation lasts normally for few hours or for a few day; intensity of pains decreases with the passage of time and diversion; you easily can forget it with the passage of time.

**112. Don't assess anybody by his or her look, grace, beauty or physical handsomeness only.**

→ Go for the nature and attributes of the person. You will not be a loser.

**113. Plan for doing all the good things on the auspicious dates that match with your good number, preferably the birth number for realising a reasonable success.**

**114. While making intimate friendship with anyone, make sure that your pal is not a person of number 4 or 8, i.e. he or she should**

not be born on the dates like 4-8-13-17-22-26-31<sup>st</sup> of any English month. If you do so, be ready for undergoing heartbreak and facing great losses, as stated by Cheiro, the great visionary and numerologist. I personally experienced some benefit of numerology. **Note: You should go on adding all the numbers involved in an operation and their results again and again to get finally a number between 1 and 9,** e.g. 593864701342 → 52 → 7.

115. If you yourself are a person of number 4 or 8, first try to interchange it with the number of the months. If that also comes to be 4 and 8, just change the number of your name following your taste and likings or spelling for good number like 1 2 3 5 6 7 9.

→ Remember the fact that once a person reaches the top level, number 4 or 8 almost fails to show its bad effect, but there is always a struggling period. **For example, prime minister Narendra Modi (b 17 Sept) and celebrated singer Asha Bhosale (b 8 Sept) are number 8 people, the peerless personalities of their respective fields.**

*Refer Cheiro's book on Numerology for a further knowledge.*

→ If you are oriented towards music or fine arts go for number 6; sports, martial arts and politics go for 9; the numbers 1-3-5-7 are also good for all but opt not for 2 as it leads you to have a habit of postponement of decisions (Gandhiji and the film stars like Dilip Kumar, Amitabh Bachchan and Shahrukh Khan are number 2 persons).

→ All the numbers mentioned show result when repeatedly used for a long period of time. → Use good numbers for good vibes.

116. You should change the spelling of your name and signature to bring an auspicious vibration of number in your life and hence a cheerful bearing.

→ The numbers associated with each of 26 English alphabets are

1 for a-i-j-q-y,

2 for b-k-r,

3 for c-g-l-s,

4 for d-m-t,

5 for e-h-n-x,

6 for u-v-w,

7 for o-z and

8 for f-p, there is no alphabet with value of 9.

**117.**Remember the numerical value by the shape of **capital** alphabets *in some cases*:

A-1	H-5	O-7	V-6
B-2	I-1	P-8	W-6
C-3	J-1	Q-1	X-5
D-4	K-2	R-2	Y-1
E-5	L-3	S-3	Z-7
F-8	M-4	T-4	
G-3	N-5	U-6	

**118.**While selecting a permanent partner, notice it heedfully on palm that the person has good lines of life, fate, head, heart and sun along with nice love lines in the palm. For basics, read any book on Palmistry by Cheiro.

**119.**Don't ignore the root of any depression; eliminate it completely from the root.

**120. Speak less. First you think and then speak.**

**121.**Have the courage to say a *NO*, whenever required. If a great trouble gets over by telling a lie, don't hesitate, but give an utmost try for the truth.

**122.**Organize all of your works and duties in a fixed routine of day and night. Try to make a foolproof plan and attend them all according to *priority*.

**123.Develop the habit of accepting your mistakes. Don't be after the motto: Might is right.**

**124.Be always practical in your all dealings.**

*125.Take decisions after listening to others' opinions carefully.*

**126.Don't buy anything until you are not in dire need of it.** Before buying anything, do market survey of several stores and do not hesitate to bargain.

*127.Keep accounts of all your transactions.*

**128.Remember it well, everyone wants to watch, witness and receive the best of the things. Therefore, you must try to render the best of your performances at all possible occasions.** Don't belittle anybody, everyone wants to render the best performances, unless handicapped by any unforeseen situation/ circumstances.

**129.Avoid telling a lie and fabricating as you will be under the same crooked cycles made by others.**

**130.Give no counsel unless it is asked for.**

**131.You must have a strong mind in a strong body. None can ensure your victory if you have accepted your own defeat.**

132. For a good health you have to execute the balanced outdoor and indoor activities.

133. Have the tastes of both fine arts and sports either for enjoying it or for practising.

**Keep outdoor games in your agenda of practising as it will render a chance for doing physical exercise to ensure good health and sportsman spirit. The fine arts will make you sensitive to smaller things and the beauty.**

134. Have the courage for facing the adversities. Don't think it is too much for you. **Your strength of forbearance will minimise the intensity of the problem.**

**→Life shall be unbearable in the absence of 'dwandwa' i. e. changes, opposing forces and adversities.**

**135. Develop forbearance and tolerance. It will make you strong increasing your inner strength.**

**136. Do the right thing.** Don't do anything that requires hiding from the eyes of the others except bathing, toilet, dressing, and the likes.

**137. Be courteous and develop required humility as it always helps.**

**138. Develop habit of asking to satisfy your curiosity and serving all, and questioning an**

**authority too**, but for the right cause only and not for the sake of doing a challenge, that has no ulterior constructive result.

**139.Learn by watching, listening, reading, imitating, sensing and introspecting.**

**140.Avoid being addicted to anything except doing good for the self and for the others.**

141. Be always ready with your assignments fulfilling your task and responsibility.

**142.Don't keep your work pending.** Better you observe the principle: **Execute today the tasks of tomorrow and perform the assignments of today now itself.**

**143.Mabhah (माझः). Allow no diffidence overpower your heart.** Don't pamper yourself with timidity. In fact, there is no ghost, so getting scared of ghosts is like showing immaturity that is best suited to the children. You are few thousand times bigger and stronger than a cockroach or a rat. Why shall you fear it? It is not eating you up in one chance!

**→Some special people like Guru sharan Sharma of Pandokhar, Dhirendra Shastri of Bageshwari dhām and Karauli sarkar of Kanpur show effects of spirits and ghosts**

**upon the subjects, but that is still waiting for scientific verification and detailed scrutiny.**

144. Be watchful to your progress and have diary of events. **Develop critical thinking too. Don't be naïve.**

**145. Avoid fickle mindedness.** Try to be strong to your determination.

146. Have courage to face the bitter truths and failures. It's just a happening, you remain as you are, unchanged. **Do not worry as bitter happenings keeps on coming and going repeatedly** in everyone's life.

**147. Avoid excess of everything and anything.**

148. Even if you commit a mistake, stand up next moment to improve upon it and get yourself busy.

149. Don't be after revenge, vendetta or vengeance as it just reduces your energy and kills your time. **If you forgive the perpetrator or your opponent you will live tension free for doing more and more constructive and productive work.** Just try to realise the underlying fact that, *an eye for an eye will make the whole world blind.*

150.. Don't live always a life of subdued and submissive person unless you are a vaishnav.

→ *People are always there to take advantage of you; you must decide how much you should allow others to enjoy it.*

→ Politeness is good but not for all the time. Be a tough guy whenever a situation demands, this world is always after dominating weak ones; and don't give anybody a chance to dominate upon you. If circumstances demand, you must stand up to hiss without harming, for the sake of threatening and terrorizing your opponents.

**151. Keep on discovering the ways of keeping yourself always cheerful.**

152. You must keep on making money by investing the capital in some gainful business.

**153. Be not ritualistic**, if not required; instead donate the expenses of the ritual for a good cause. **Celebrate you must, if you feel so.**

**154. Believe in social harmony and coexistence.** Give respect, take Respect.

**155. Be not a fanatic and fundamentalist** as they have their bad sides too. Understand first the fundamental points of your dogma through rigorous studies, questioning its validity and use for the welfare of mankind. Remember, you are just not confined to your nest, you belong to all anywhere in the globe.

→The dogma of restricting music, drama, films and creative arts has converted about five dozen of nations to be the breeding ground of terrorism within a period of 10-15 years. They are killing and hating people of other religions. Posing as the messenger of peace, they are silently torturing and disturbing people in general wherever they are settling as refugee besides slaughtering their own people in their own country. People with hateful mindset are not being invited, accepted and embraced now in the West and the East. Nobody likes the suffocation of freedom of expression.

156. Control your anger and passions for good.

**157. Be not superstitious for it checks your growth and progress.**

158. Remember that you have some duties to fulfill as you are responsible to the parents, relatives, society, nation, environment, plants and animals. →Be humane and kind.

159. Don't treat poverty as a curse. Be content with your limited means, at the same time, try to bring positive changes in your financial situation.

160.Don't encourage yourself and others doing wrong and keep safe distance from the wrongdoers. **If you have enough power, stop the wrongdoers.**

**161.Help the poor and donate the needy and the beggars to stop them being crooks not by money but by food and others, lest they are not using the money for drug, booze or terror funding.**

**162.Practice first, remaining truthful and honest to yourself (before preaching).**

163.Muster the courage for challenging the authority for the benefit of all. Before challenging in academics, do a thorough research and proper homework. **Before asking a question, first, try to get the answer of your own through introspection and study.** If you still fail, ask the solution and if required, the clarification too.

164.Be an extremist for a universally accepted good cause but be not a religious bigot. Dogmatic attitude and jihād create disastrous effects for the most of humanity.

**165.Remain soft and flexible while accepting and learning anything. You cannot hold any object keeping your palm tough and fingers straight.** As you soften and bend your fingers for holding something,

in the same way bend and show humility while learning.

**166.Have a capacity to sit alone patiently for the sake of introspection.**

**167.Learn from life** keeping your eyes open, mind awakened and conscience strong.

168.Have a taste for indoor and outdoor games being a participant and not a mere spectator.

**169.Games and sports are good for developing the sportsman's spirit.**

170.Remain in touch with the world affairs and up to date as much as possible through newspaper, TV reports and internet websites.

171.Remain curious for whole of your life.

**Don't allow your curiosity to die.**

172.Have a young and evergreen mind and bear an attitude for living long like a young person. At the same time, don't ignore your precious treasure of adult maturity.

**173.Develop some hobbies and fondness for arts, music, drama, sports and athletics, gardening, animal care, etc.** Eminent singer, poet and actor **Shekhar Sen** has rightly observed 'A land without music, dance and drama quickly becomes a hub of terrorism in about a decade due to lack of the outlet of ones fine emotions.' Select

Islamic countries are vivid examples of it in the current times.

**174. Inculcate discipline and regularity in your life first. Charity begins at home.**

**175. Live for आत्मनो लाभार्थं जगत् हिताय च,**

Ātmano lābhārtha jagad hitaaya cha

i. e. **Help yourself first and then others.**

Remember that you have a responsibility to your society, culture, heritage, nation, literature, painting, and so on.

**176. Don't ignore the elders and your own tradition.** If you do so, you are not acknowledging your parentage. Hoping you don't want to prove yourself born without parents.

177. If you have money, just don't be a **hedonistic fool** and don't be after the pleasure only but enjoy the life as much as possible.

**178. Give due respect to all, otherwise you will not receive the respect you deserve.**  
Please yourself and please others.

**179. Be helpful to others. Extend your hand of cooperation to the needy.**

180. Don't expect world to go round as you want. May be you are not all perfect in your

own assessment. Thus value the views of others too.

**181.Increase your power of tolerance.**

182.Reform yourself first. **To remain happy, don't go for reforming others.** If they find you are the most perfect, they will automatically follow you and change themselves for immense good.

**183.If you observe integration with your total heart and mind, the very one single quality shall make you punctual, honest, kind, courteous, strong, smart, rich, healthy and a leader.**

184.Be consistent to your words.

185.Save energy, petrol, electricity, money, time and whatever you can think of. **Use like a miser and furnish like a magnanimous being.**

186.Be a patriot first and then extend your friendship and benevolence to others.

**187.If you eat fresh, you shall feel fresh.**

188.Any pleasure, any delight cause exertion and fatigue even if it does not exceed the limit. Hence, **avoid excess of any thing.**

189.Be tolerant and friendly to the followers of other creeds, faiths and religions up to a limit lest your existence is not in danger.

**190. Develop civic sense, common sense and sensitivity.** Be sensitive to the smallest wonders and derive joy out of it.

191. Be not blind with power and physical strength. **The heads of all kings, which are now concealed under the ground, were once raised up high in the sky.**

192. Give right direction to your instincts.

193. Win the evil with benevolence, which is very difficult proposition in 2024.

**194. Have a scientific attitude for every move.**

195. Love your mother tongue and respect others.

**196. Eat whenever you are hungry but not like a glutton.**

197. Don't spoil anything and **don't encourage the culture of use and throw in India.**

198. If you want to travel fast and longer, have your luggage light.

**199. Make it sure that after your education you have to secure a job for a smooth source of income and subsistence → for a smooth sail of life.**

**200. Your source of income must come from self-employment, business, job or service, farming, etc.**

201.Don't forget your root, foundation and soil in which you are brought up. Pay respect to them.

**202.Observe and respect the timeliness.**

203.Don't remain too busy, have some time for yourself too. **Perhaps insecure and mindless people talk too much and remain entangled with many unnecessary things around the life.**

204.Don't be late in acquiring anything novel, be it knowledge; lest you repent later.

205.When you are married, many times the wife, relatives and well-wishers create undue pressure against your selfless objective full of good intentions. To be free from such problems you can avoid marriage and live freely without / with your partner by respecting and understanding the views of each other.

**206.If you are seeking wisdom, it is not available in the classroom or coaching classes.** Reading (classics, biographies of the great personalities, great authors, periodicals and books on different subjects of your interest), **introspection**, mooting, travelling, listening to the great personalities can be a help.

**207.**If you are an intelligent and smart person, you will be there with your friends for gossip, sports and games, etc. managing love affair and relationships of life balancing everything and most importantly progressing close to the goal of your life.

**208.**Most of the great personalities emerged out of their humble background, with the help of their sheer will power and executing their superb plans perfectly.

**209.**Try to show your smiling face to everyone, it will give a good vibe of your personality, surely in favour of you. You also will feel pleased if you watch yourself on mirror. But do not keep on smiling, where it is not necessary.

**210.**Observe your weight. If your weight is 1 Kg here and there, don't worry. If you want to reduce your weight, do balanced fasting, and do exercise of to reduce it. **Try to be diet conscious.** Normally, excessive sweet and oily foodstuff makes weight gain in the absence of adequate physical exercise. Habit of over eating is also a cause of weight gain. *Mental unhappiness is a serious reason of craving for food.* Guide yourself by having a look at the weight chart given below (it is an average chart and do not consider the

absolute value, a little bit here there will not cause any problem).

Weight of					
girls in Kg			boys in Kg		
Height in		Avera ge weight	Height in		Avera ge weight
Ft'-inch	cm		Ft'-inch	cm	
4'10	147	42-54	5'2	158	51-64
4'11	150	43-55	5'3	160	52-65
5'	152	44-57	5'4	163	54-67
5'1	155	45-58	5'5	165	55-69
5'2	158	46-58	5'6	168	56-71
5'3	160	48-61	5'7	170	58-73
5'4	163	49-63	5'8	173	60-75
5'5	165	50-64	5'9	175	62-77
5'6	168	52-66	5'10	178	64-79
5'7	170	54-68	5'11	180	65-81
5'8	173	55-70	6'	183	67-84
5'9	175	57-72	6'1	185	69-86
5'10	178	59-74	6'2	188	71-88
5'11	180	61-76	6'3	191	73-90
6'	183	63-79	6'4	193	74-93

## **How to develop a Strong Will Power**

The **will** is not free—it is a phenomenon bound by cause and effect—but there is something behind the will which is free.

.....*Swami Vivekānanda.*

Strength does not come from physical capacity. It comes from an indomitable **will**.

.....*Mohandas K Gandhi.*

**Will** is a state of mind that is related to the wishes, desire, expectation, etc. **Will is also meant for act of bequeathing, determination, purpose, and the capacity of decision making.** The word **will** in will power is synonymous to Sanskrit **icchhā shakti** or a power related to the fulfillment of ones wishes.

The young minds and students are not aware of its full potentiality i. e. **the hidden capacity** and function of the strong **Will Power**. They can use the **Will Power** for bettering life and faring well in the examination.

**→→→Strong determination is the root of strong Will Power. ←←←**

The *will* depends both on mind and body. A powerful healthy body can induce a healthy mind and hence a powerful will; such a will can be a very good source of endless courage to bring all kind of success.

→→→ One should take a test of his/ her **Will Power** by performing a small assignment. If the person becomes successful in the small assignment, it will boost his/ her self-confidence. This success will bring faith in his/ her ability of doing something important and it will make his/ her **Will Power** stronger. *From the very self-confidence, the Will Power of the person shall develop further.* ←←← For example, solve a small and simple question of mathematics, keep on doing so, one after one. With each solution you will feel happy and happier; it shall boost your moral courage. Gradually, you would be in a position to accept difficult challenges and will carry on relishing the successes.

Everyone wants to be successful in his/ her mission. The goal of everybody is to live a life full of comfort and pleasure. One can achieve this goal by becoming successful but the success does not come easily. Success requires strong courage, enterprise, sacrifice

of selfish motives, persistent effort, integration, punctuality, dedication, devotion, tolerance and application of strong **Will Power**. Anyone can develop a strong **Will Power** at any age. →For achieving strong **Will Power** one has to persistently work on it.

(Based on *Swami Budhananda's Will Power*, Rām Krishna Mission Publication)

## **5 characteristics of a Guru**

Gyaan ज्ञान = wisdom, insight.

Vigyaan विज्ञान = scientific and analytical knowledge.

Vachan वचन = ability of expressing any concept clearly and precisely with examples.

Prayog siddhi प्रयोग सिद्धि = ability of demonstrating the theory.

Shishya nishpaadan शिष्य निष्पादन = grooming a student to perfection.

→5 qualities of a student: respect for guru, devotion, regularity, loyalty, sincerity. \*\*Quest or desire for knowing.

## **7 Formulae of Success**

7 proven requirements for achieving success in the competitive examinations of life.

1. Strong **Will Power** and Humane bearing.
2. **Proper guidance** from veterans or mentoring.
3. **Patience, Self-confidence** and the **Spirit of resilience**.
4. Means, food and friendly environment for doing **hard work**.
5. **Foolproof planning and its execution**.
6. **Strong basic foundation** of the subject and analytical ability.
7. **No indulgence** to drugs, drinking = alcoholism, intoxicants, etc.

### **5 qualities of students by Chānakya:**

Kaaka cheshtaa bako dhyaanam  
svaana nidraa tathaiva cha.

Alpaa haarii griha tyagi vidyaarthii  
pancha lakshanam..

काकचेष्टा वकोध्यानं स्वाननिद्रा तथैव च ।

अल्पाहारी गृहत्यागी विद्यार्थी पञ्चलक्षणं ॥

→ Persistence of a crow, concentration of a heron, light slumber of a dog, eating less and living out of parental home.

## **True Stories of Failure to Success**

(sourced from internet)

You gain strength, experience and confidence by everything you do. Therefore, keep doing something useful and constructive all the time. **Failure is the pillar of success.**

**A winner is not the one who never fails, but the one who NEVER QUILTS!**

Life is full of ups and downs. We are not only ones, there are many great personalities, who have undergone the failures including Rām, Krishna, Rāvan, Indra, Hanuman, Einstein, Tagore, Swami Vivekānanda, Gandhi, Hitler, Netaji, Kalām and others.

**1)**

**Abraham Linclon** (1809-1865) is considered an influential personality in the history of America. Lincoln hailed from a poor family and was self-educated.

**He had an exemplary strong will power.**  
**He rose up against all the odds and the challenges of his life.** He became a country lawyer. **He was instrumental in abolishing slavery,** strengthening the national government and modernizing the economy.

**Though he is considered a very successful man but the 50 years of his life was full of failures.**

At the age of 21, he faced failure in business, at 22, he faced a defeat in politics and at 24, again he faced failure in business. When he was 26, his wife died. He suffered from nervous breakdown at 27. When he was 34, he faced defeat in the congress election.

His failures continued for many years to come. He lost in the election of senate at 45. He failed to become the Vice-President at the age of 47 and at 49, again he lost the election of senate.

Finally, at the age of 52, because of his indomitable spirit, he won and became the 16<sup>th</sup> President of America in 1861.

2)

When **Thomas Alva Edison** invented the light bulb, he tried over 2000 experiments, before he got it to work. A young reporter asked him, how it felt to fail so many times. He said, ‘I never failed once. I invented the light bulb. It just happened to be a 2000-step process.’

3)

In the 1940s, a young inventor named **Chester Carlson** took his idea to 20 corporations, including some of the biggest in the country. They all turned him down.

In 1947, after seven long years of rejections, he finally got a tiny company in Rochester, New York, the Haloid company, who purchased the rights of his invention – an electrostatic paper-copying process. *Haloid became Xerox Corporation.*

4)

A little girl - she was 20<sup>th</sup> of 22 children, was born prematurely and her survival was doubtful. When she was 4 years old, she contracted double pneumonia and scarlet fever, which left her with a paralyzed left leg. At age 9, she removed the metal leg brace she had been dependent on and began to walk without it.

By 13, she had developed a rhythmic walk, which doctors said was a miracle. That same year she decided to become a runner. She entered a race and came in last. For the next few years every race she entered, she came in last.

Everyone told her to quit, but she kept on running. One day, she actually won a race, and then another. From then on she won

every race she entered. *Eventually this little girl - **Wilma Rudolph**, went on to win three Olympic gold medals.*

5)

A candidate for a news broadcasters post was rejected. Officials were of the opinion that his voice was not fit for news broadcasting. He was also told, he could never become famous with his long name. *He is **Amitabh Bachchan**.*

6)

A small boy, the fifth amongst seven siblings of a poor father, used to sell newspapers in a small village to earn his living. He was not exceptionally smart at school but was fascinated by religion and rockets. The first rocket he built crashed. A missile that he built crashed multiple times and he was made a butt of ridicule. *He is the person to have scripted the Space Odyssey of India single-handedly and he was none, but **Dr. APJ Abdul Kalam**.*

## **Goal of Life : To Live Happily Forever**

We desire only the pleasurable, not the painful.

.....*Swami Vivekānanda.*

I believe that the very purpose of life is to be happy. From the very core of our being, we desire contentment. In my own limited experience I have found that the more we care for the happiness of others, the greater is our own sense of well-being

.....*Dalai Lama*

Everyone wants to be happy. Everyone wants to remain happy. No one wants to suffer. No one wants to undergo any painful experience. Goal of everyone is, to remain happy forever. Permanent goal of every living being is, to relish happiness every moment.

Everyone wants success and no failure. Happiness and pleasure come from success, good health and the security of wealth. Happiness, pleasure and satisfaction also arise due to the love and the care received from parents, relatives, friends, beloved, spouse,

kids, teachers and from the unconditional support of the commoners.

Likeable food, dress material, gifts, awards, honour, scenic beauty, trip, rest, music, film, painting, money, friendship, physical exercise, athletics, games and sports, etc. can impart the happy feelings too. Therefore, happiness does not have just a single origin (money), according to our worldly perception.

There is fulfillment, only when there is somebody to witness it. **If there is nobody to see your happiness, be appreciative or be jealous about it, happiness loses its meaning.**

Happiness becomes complete, when we share the experience with others and more importantly, when we devotedly engage ourselves to make others equally happy too.

Happiness could be derived from day dreaming as well as fake imagination of being in the state of happiness too. *Drug and liquor addicts, sadist, masochist, sex maniacs, crooks, professional criminals, mentally unstable and stupid people have the skewed sense of deriving pleasure too.*

In some ideologies, the process of suffering gets more highlighted than the bliss of divine

union, which does seem slightly abnormal to me.

But, in a day to day life, why do we hanker for beatitude or blissful state? Because, it gives us peace, it bestows relief, it makes us free from worries. It is a state of physical comfort and mental delight.

One simple hypothetical explanation according to me is: our birth takes place as a result of union of male and female, on account of the realization of pleasure and orgasm of either sex. Origin of delight lies in orgasm, fusion of sperm and ovum, formation of embryo, thus we pass through every stage of life intimately connected with experience of joy, thus we never forget the blissful moments and we keep on craving for the bliss even after our birth.

In other words, by nature, we are absolutely *ārām khor* (pleasure seeker) before and after the birth. Our subtle entity which you may call *ātmā* or soul, the true being perhaps remembers the phase of being soaked with joy or the being the form of joy itself and never forgets or never wants to remain detached of joy. We always want to taste the bliss, what we already had, and thus want to

repeat the pleasurable experiences all the time.

Indian saints talk about the states beyond mundane happiness and joy (and orgasm which is transient by nature). They think the goal of life is to experience divine bliss, the state of permanent ecstasy. The very state is also identified with salvation, self realization or divine union. Now, the moot point is, how to achieve such a state or how to get revealed with divine realization?

General answer is, it happens automatically by the grace of God. No endeavour works, but the causeless mercy of God. There is a general belief that the devotional services such as chanting of holy name, worship of gods, yoga practice, meditation, philanthropy, service of the needy, etc. make God merciful to a devotee, and then out of His own will He reveals Himself before a devotee to cause the divine bliss.

No devotee can claim the self realization because of his spiritual endeavour. There is no surety of salvation against meditation. There is no guarantee of God realization against ones right of the services and in response to the philanthropy or rituals performed with a lot of pomp and show.

If nothing works, e.g. yogic and spiritual activities, services of the needy or the other endeavours, how to achieve the state of bliss? How to get away from the pains and sufferings? If divine bliss is not achievable, the pains and sufferings can be alleviated using some proven methods.

The origin of pains and pleasure is body and mind, apart from external factors. The act of experiencing always takes place through the communications of mind. If such communication is stopped, there will remain no sense of pain or pleasure in our life.

By shifting the centre of concentration, pains can be avoided to some extent. Slow, mild and repeated exposure of pain to an external part of body can make the very limb insensitive and hence some freedom from pain, a shift of mind from the spot of pain. Similarly, if mind is repeatedly exposed to a certain kind of grief, mind will be insensitive and will take least account of it, resulting less feel of pains.

By shifting the mind from a point or a location, the degree of pain experience can be controlled. With the help of **nād-yog** or meditation, which is kind of concentration-

exercise, mind can be shifted and a situation of pain-free state may be achieved.

To achieve concentration, mind has to be focused to a point. In case of toothache or burning, our mind is rather intimately attached to the spot or the source point of suffering. Our attention fails to shift from there; it is thus a form of compelled concentration of mind. When our mind is completely absorbed in pain, it is a sort of meditation, the prolonged state of concentration.

The said state of meditation is reached through negative means i.e. pain, when we forget everything else, similar to the state of orgasm. The orgasm is reached through positive means that is delight, when we just relish the transient beatitude, a situation of complete oblivion. In the second case, the state which may be described as complete sanity, peace or superb relaxation, surpasses all the limitations of attention, concentration and meditation.

It is said that prolonged practice of nād-yog, Yogāsan or hath-yog gradually makes body free from the discomforts, probably by be-numbing the physical sense organs. Prolonged practice of meditation probably

makes mind free from mental discomfort with the help of '**shifting of attention and concentrating the mind elsewhere at will**'.

This sort of physical and mentally inactive phase is something like neutral water. I would not call it a zero state like some thinkers. But, if a person, with such a psychosomatic control is now gets motivated and tries to simulate a virtual pleasure, the effect will be long lasting, I presume.

## **Study Techniques**

To pass in the examinations with good marks, you are not compelled to study the whole syllabus, but never without the basics. Study of 60 to 80 percent of the course material can make you successful. It is very good if you study the entire syllabus and remember all the important points.

Even though you secure 95 percent in the examination, you get **a certificate of 5% ignorance**. Don't be upset about the marks awarded by the examiners, for mostly they hastily check the answer books.

The system of examination is a kind of gambling, but there is some guarantee against your hard work. If you are dissatisfied with your marks go for revaluation, be satisfied with the judgment.

1. A learner must observe a **slow pace** and persistence (steadfast attitude).

2. A learner must **read, write and do sums repeatedly**, to memorise and for complete mastery. **Revise the task and revise, and revise again.**

3. A learner must be able to recollect promptly; it comes if the study material is

**read attentively and written repeatedly** for many times with regular intervals.

4. **Analytical understanding** is a must for complete mastery.

5. Only understanding the concept is not sufficient, **rote learning** is also very important for writing fast in the examination.

6. A learner must undergo **guided learning** for faster progress.

7. Mastery is achieved through **appropriate application** of learned material.

### **Outline your specific goals.**

Academic success is largely dependent on **motivation**, ability to concentrate, learning styles and **judicious use of time**.

The academic, personal or professional success is a mix of **intelligence, hard work, techniques** and most importantly the motivation.

To be a winner one has to **constantly assess** his or her personal strengths and weakness.

Once the areas of weakness are found, one has to chart out the **strategies** to combat them.

**Disciplined study** can ensure good marks and all the **funs of college**.

Follow a **daily schedule** throughout your student life.

If you **regularly** attend the lectures in your college, you will remain updated about your subjects and will get tips of important questions which the teachers keep on giving in their lectures.

After classes, take the trouble of reading your notes **before sleeping** every night; that itself will work as a kind of revision.

Reserve a couple of hours to catch up on whatever has been taught in class once a week.

**It is better to study consistently over a period of time rather than doing it all at the very end. It does not help you to remember well.**

If you **submit the assigned project on time**, you will end up studying that portion for the exam automatically.

Don't wait for the last minute to study. **Preparing well in advance** for exams help students perform better.

## **Motivation:**

Set goals and work hard towards the achievement, to taste the success.

Try again and again even if the assignment is difficult. →**Try to enjoy the learning.** Focus even if you don't like the subject.

## **Concentration:**

Study in a place that is free from distractions.

Please make note of the fact that TV, **mobile phone**, headphone or music system are the means of distractions only.

Find out that you are able to concentrate for at least 20 minutes at a stretch.

Find out whether you can remember the material of study just by one reading.

## **Reading Intelligently:**

Review the study material many times for remembering well, and then several times during a semester.

**Read, understand, memorize and then write** it to acquire a better grasp of the style and for **complete mastery** on the subject.

**If you don't understand, memorize, do rote learning and write from memory.**

Try to **understand** the portion that you can't memorise easily. **Summarise** the study material in your own words.

If you **copy the notes slowly**, you will better understand the meaning of your study material.

You must try to make **handwritten copy** of your notes. **Don't photocopy** them unless there is too much time constraint.

While writing you will automatically read the portion, that you already went through in the class room.

### **Note making/ taking:**

Organise your notes in a meaningful manner.

Have systems for marking textbooks.

Mark important parts of your lessons.

**Write notes while reading, it will save time.**

### **Benefits of writing:**

Writing and copying with understanding render the learner with better grasp over the language and the concept of the content matter.

### **Examination strategy:**

**Begin course assignments well in advance.**

Find out the exam pattern and contents from model papers or past exam papers.

Be familiar with the grading system.

Imagine possible test questions while preparing for exam.

Understand the structure of different types of tests and prepare for the each type.

**Submit neat and tidy answer books.**

*You must write (and practice) the model question papers for having better idea only after the complete study of the course material.*

## **Time Management:**

Devote sufficient study time to each course.

Make a schedule of **definite study time** and follow it consistently.

Use **prime time for study when you are most alert**, preferably when you get up after a good and complete sleep.

For a better result and to speed up your task, give your body and mind an intermittent rest whenever you feel tired, which indeed is a time management; e. g. a brief rest (close eye lying on a bed) after an Indian lunch at the noontime.

# **Learning & Memorisation Techniques**

- Create interest within yourself for the study material. Be curious. Be inquisitive but be not argumentative (*Tad-biddhi prani-pātena pari-prashnena sevayā*—Gita).
- Follow the law of association while remembering the word and its meaning. Try to find multiple application of the word you learnt.
- Do repeated study with intermittent gaps of diversion and digression.
- Be attentive to the subject and increase the power of concentration.
- Try to understand the subject.
- Free your mind from worries. **Keep your mind unoccupied before studying.**

➔ Remember that nothing wipes out completely from your mind once you are exposed to anything, it remains somewhere in your memory either completely or partly in the form of sound, picture, taste, scent, feeling or otherwise.

➔➔➔ **Effective methods of sure memorisation include SQ3R technique** in which S stands for *surveying*, Q for *questioning*, and 3Rs for *reading, reciting*

**and reviewing.** Once SQ3R becomes a habit it greatly benefits a learner in remembering something effectively for a long period.

## **Surveying**

Notice well and read the **headings, bold and italics, pictures, graphs, charts, titles, summaries.** Don't fail reading first and concluding paragraph.

→ It will give you a total picture of the chapter in the canvas of your mind.

## **Questioning**

Convert the headings and titles into questions with the help of **W5H or what, why, when, where, who and how.** Proceed only after answering each question. Read the questions given at the end of the chapter and **answer** them.

→ It will enable you to give answer to all possible tricky questions.

## **Reading Techniques**

**High light** the main ideas and important sections while reading and **ponder** upon the same if required.

**→**Reduce your speed of reading for better understanding.

You will be able to remember better if you give a little time for **contemplating** the same thing you read just a while ago.

**→**Read aloud and reread it if you can't do silent reading, especially when you are unable to grasp or understand and retain the substance of the subject matter.

**→**Read a small chunk at a time. While reading, try to find out answer of the questions you made in the beginning.

**→** **Reading must bring change in your total mindset and perspective.**

## **Reciting**

Reciting as well as writing in your own words without referring the text is considered the mark of your grasping ability. Make brief notes about additional ideas and facts.

## **Reviewing**

Keep on reviewing or repeating until you get all the correct answers of the posed questions. **→**Recall and reread whenever required.

If you follow the said tips, both of your **short term memory** as well as your **long term memory** (given below) will be ignited to function excellently.

→ You surely will make better scores in your tests, examinations, interviews, lectures, presentations, seminars, etc. if you find time to read and follow the given advice here.

## **How to memorise well**

Normally, when something is read for once for memorisation, it gets stored in ones **short term memory**. Its result is forgetting; later, one fails to recall unless the reader has an exceptional memory.

- By memorising again the same thing later; **repeating the same thing again and again** with several intervals, one possesses complete command on the subject matter. Because of such practice, the well read and memorised material goes into the **long term memory**. The learner, then remembers the important material for a longer time.

**→ Careful revision is a must for any learner.**

## **Tips for selecting vocations**

The term **vocation** is related to the meanings like occupation, trade, profession, business, employment, line of work, calling, job related crafts, manual work, jobs related to handicraft, career, work and service.

A student or **a person should have a known source of income** or in flow of money so that his / her daily, short term and long term expenses are duly met. None of the basic needs like **food, clothing and shelter** come for free. As all these require money, so everybody who has not inherited riches should work for earning money.

A person should try to get a job that suits his ability, nature, taste and need. In case, such job is not available, **he should be ready to change his mindset** for the better future as it is not advisable for one to die out of starvation.

One should try to go for a job that was practised by the elders of the family, he will get a **free training** and moral support and all technical support; if not, he should try to be an entrepreneur. In that case, he should know first, all the pros and cons of the business.

It is wise for a son or daughter of a farmer to opt for farming in a better way with technical know-how of school and College education.

Nowadays, only academic qualifications do not help one to get a good job, thus s/he should take a suitable vocational training related to his field of interest and the subject in which he can excel.

Less educated people can go for the technical training of skilled worker of the factories. Highly educated people, who like studying, researching and public speaking should go for teaching profession.

When you get a job, you should keep in mind that **your employer pays you to get his job done and making money, i. e. profit.** You should assist him to reach the target of his business and don't entangle yourself in cross arguments with the boss lest you get fired.

The universal truth of all phenomena is **opposition** or '**Dwandwa**' which is a part of nature in the every aspect of life and nature that needs to be accepted but need not be tolerated forever against normal comfort level. ➔ A simple point needs to be noted here that breathing, the **principal means of**

**staying alive** is too based on a kind of friction, the opposing forces.

Please note that, the forbearance in job gives you inner power and financial security, and don't lose it for God's sake. Consider, suffering is the part of the game. When you find too much torture upon you by anyone, forget not showing your hissing power or biting power (without biting though), for scaring at least.

**Try to prove yourself unavoidable and compulsory** to your boss so that he cannot move ahead without your assistance. **Apply diplomatic mind whenever required** but avoid it for exploiting or selfish personal gain and for taking revenge. **It is wise to forgive and forget.**

## **General codes of ethics and attitude at workplace**

**Attitude makes a lot of difference.** If you have good attitude with required skills, you are the winner.

Be humble and polite with your co-workers remaining diplomatic if needed.

Do not criticise anyone. That is not your job for you are not being paid for making criticism.

Always be professional and do not take anything personal.

Be friendly to your colleagues of opposite sex and do not get involved in any unpleasant relationship, affairs or sexual disputes.

Do not break the office dress code. It is not a good idea to go to the office in shorts, mini, revealing attire, sports wear or sneakers even if they have a casual dress code.

→ Light cologne is fine but do not use strong perfume. **Use common sense every moment.**

Do not talk loudly when you talk over the phone or to your colleagues. Talk in a soft clear voice.

Check your breath before talking to colleagues personally.

Wear fresh and net n clean clothes as much as possible.

**Always be punctual.** Complete your assigned task within the time frame and do not postpone it.

Do not talk about politics and religion in the office premises.

If you are invited for a happy hour party or any party, try to attend it at least for some time. That is the best place to know about your colleagues. Do not play music loudly.

Reflect yourself as an easy going person. Do not get the ‘tough guy’ tag. Attend meetings regularly. Be enthusiastic.

Try to be helpful to your coworkers. Be a good listener. Do not interrupt when someone else is talking. **Discuss but do not argue.**

Do not lose your credibility.

## **Duties and Responsibilities of Teenagers**

Teenagers in India, if neither orphans nor working are being looked after by their parents, relatives or various institutes, NGOs and shelter homes. Generally, the parents provide with everything needed with love, affection, food, clothing, shelter, emotional support, pocket money, etc. unconditionally.

As it is said that nothing comes for free, thus the **teenagers need to fulfill their wards' expectations by studying well, doing well in the exams and honouring the wishes of their providers.**

**Basically, the parents are the givers.** The parents never ask for any return but **a sentient teenager must always think of acknowledging their contribution with some returns in terms of reciprocation of love, services and fulfilling their wishes** related to study, career and hobbies.

Teenagers must know the fact that besides their parents they have relatives and elders to make a family full and complete; they too deserve respect, love, affection and care.

Indian society comprises of people of various cultural and economical background who needs special attention. Teenagers must try to interact with them in such a manner that nobody is hurt. At the same time those services should be provided with by the teenagers that makes society happy and helpful to the needy.

Teenagers have some **essential duties and responsibilities towards nation**. They are not supposed to be only bookworms or career oriented. They must devote some time for social services, nation building, safety and cleanliness of their locality, counselling antisocial elements, eliminating the causes of theft and injustice towards old, sick, handicapped and weak people.

→→Teenagers can **catch foreign hackers** and bring them to law as well as can do tough handed dealing with anti-nationals by joining army, home guards, police force, nursing course, by being watchful about spies and by driving away the enemy intruders from other countries who are after abusing and misusing the resources of India.

→ I am sharing here some of the **fundamental duties** that teenagers must know from the **Constitution of India**

available in Balbharati, 7<sup>th</sup> standard course book of Maharashtra.

- To uphold and protect the sovereignty, unity and integrity of India.
- To defend the country and render national service when called upon to do so.
- To promote harmony... to renounce practices derogatory to the dignity of women.
- To develop the scientific temper, humanism and spirit of inquiry and reform.
- Parent or guardian must give education to children between 6 and 14 years.

### **Dear Teenagers !**

You must highlight your good character before all.

Your moral values must appear like an example to your juniors.

Your courage, discipline, punctuality, integrity, helping nature, humane attitude, ability of solving day to day problems and your ability of handling situations diplomatically must inspire others as if you are a role model.

## **Dharm, Satya, Punya and Swarg**

**Dear Teenagers!**

**You are completely free to accept or reject that I am going to talk in this section.**

But, I request you to **do a balancing act** after reflecting and analyzing pros and cons of the topic. To understand my views properly, **please contemplate, go through the root** and etymological meaning of any word or **a concept.**

**God is a variation of word good.** All **good people** became **gods or respected godly beings over many millennia.** The cult figures and all kinds of gurus are not gods. **Indian way of life accepts non-believers or atheists as Hindu too and not as any offenders at all unlike Islam.** There is nothing wrong being an agnostic and un-ritualistic.

**Dharm and religion are not exactly same concept.** Christianity and Islam are religions but **Hindu way of life is dharm.** Basic meaning of dharm comes from dhri>dhārāyate or holding, i. e. **all physical and mental activities are dharm in which good to be practised leaving the bad.** The same concept is defined as धारयते इति धर्मः or

dhārayate iti dharmah in the Indian holy scriptures and treatises.

Religion is related to reactions towards sin, lies and hell too. Except psychological conditioning, usually **there is no after effect of sin attached to lies, stealing or cheating**, but if one gets caught by the one who is powerful, s/he shall definitely react against the perpetrator.

Going against the description of some holy books, **there is no hell or heaven beyond or inside the earth, for you know inside earth there is soil, rocks, water, insects, creepers, heat, lava, etc. but no vivid hell. Space beyond the earth has satellites, asteroids, moon, planets, sun, stars, galaxies but no heaven.**

Thus, I request you all not to promote **superstitions** about ghosts, milk drinking by lord Ganesh and snake, cat crossing road is ominous, etc.

Ātmā or soul is basically related to the **self** without any divine power, discovered according to scientific investigation and scrutinisation.

Chanting, meditation, yogāsan, trāṭak sādhanā, and others will make you

clairvoyant, vāk siddh and supernatural being is **impossible**. If it is so, then **using your divine power first you catch the criminals, terrorists, cheats, robbers, hackers and enemies of nation within and from foreign countries**. Such divine human beings must make **prophesy about natural calamity, accidents, earthquake, drought, flood, etc.**

The divine human being must prove their super human abilities for the welfare of the needy and sufferers and must be able to fly in air, walk on water, **create heap of edible grains, heal all the sick people, remove crooks from earth or make them good beings** and so on. But, **the ground reality is:**

**they can't help at all, except cheating the naïve ones cleverly like the imposters and magicians with false promises.**

## **Special and Important Quotes of the Great Thinkers**

- A bad workman quarrels with his tools.
- A certain amount of opposition is a great help to a man. Kites rise against, not with the wind. —*John Neal*.
- A disgraceful victory is a defeat.
- **A friend in need is a friend indeed.** Real friendship is that which remains steady even in calamities.
- **A genius is a combination of ninety nine percent hard-work and one percent talent.**
- **A good beginning is half the battle.**
- A good book is like a good friend, it will never let you down.
- **A hero is an ordinary individual, who finds the strength to persevere and endure in spite of overwhelming obstacles.**
- **A knowledge that does not bear the stamp of deed is like a body without soul.** —*Ameer Khusro*.
- A sleeping fox catches no poultry.
- A rolling stone gathers no moss.

- A man is honourable if he works, if he sits idle, he is but an honourable ass. —*Ameer Khusro*.
- A man is known by the company he keeps. Better alone than in bad company.
- **A man is supposed to be perfectly happy who is full of conscience, healthy, out of debt, has uniform flow of income and tension free.**
- All covet, all lost.
- All that glitters is not gold.
- All's well that ends well.
- **An eye for an eye will make the whole world blind.** —*MK Gandhi*
- Art is long, life is short.
- As you sow, so you reap.
- ***Avoid negative vices, people, places, things and habits.***
- **Awake! and stop not till the goal is reached.** --*Swami Vivekānanda*.
- Barking dogs seldom bite.
- Be bent, and you will remain straight. Be vacant, and you will remain full. Be worn, and you will remain new. —*Taoism*.
- Be kind, for everyone you meet is fighting a great battle. --*Philo of Alexandria*.
- Beggars must not be choosers.

- Believe in yourself. Do or die.
- By giving due respect to elders, one commands affection and by giving due affection to youngsters, one commands respect. –*Subrata Roy Sahārā*.
- By three methods we can learn wisdom: First, by reflection, which is noblest; second, by imitation which is the easiest and third, by experience, which is the bitterest. –*Confucius*
- Character is what you do when nobody is watching.
- Charity begins at home. Give respect, Take respect.
- Cleanliness is next to godliness.
- Consider things from every angle.
- **Winners never quit. Quitters never win.**

## **Don't Quit**

When things go wrong, as they sometimes will be. **Don't quit**

When the road you are trudging seems all uphill. **Don't quit.**

When the funds are low and the debts are high. **Don't quit**

And you want to smile but you have to sigh.

## **Don't quit**

When care is pressing you down a bit. **Don't quit**

Rest, if you must—but **don't quit...**

- **Quit not certainty, for hope.** A bird in the hand is worth two in the bush.
- **Don't lose hope.**
- Don't give up and don't give in (be practical and don't be just idealistic).
- **Do something that makes everybody gainful,** and thus be happy.
- Doubt must be slain by knowledge. A man full of doubts has no peace. —*Swami Venkateshānanda*.
- **Enjoy life today, yesterday is gone and tomorrow may never come.** Family and friends are hidden treasures. Seek them and enjoy their riches.
- Everything requires to be changed a little according to place, time, and civilisation. —*Swami Vivekananda*
- Example is better than precept.
- Familiarity breeds contempt.
- **A person is good until s/he is good, or s/he is good because of some hidden agenda.**—*Nād-yogi Rāmdās*
- **First deserve and then desire.**

- Forgive and forget. Forgiveness is a great virtue.
- **Happiness is the interval between periods of unhappiness.** *—Don Marquis.*
- Happiness keeps you sweet,
- **Happy thoughts work for our well being and negative thoughts make us ill.**
- **Haste makes waste.**
- He lives who endures.
- **I am a great believer in luck, and I find the harder I work the more I have of it.** —*Thomas Jefferson.*
- I do and understand.
- I hear and I forget; I see and I remember;
- **If you can't laugh, you will be sick sooner or later even if you are healthy.**
- If you think something is impossible, don't disturb the person who is doing it. *—Dr. Amar Bose.*
- If you want to be far from the countless sorrows, be happy and contented with your meagre fortune. *--Ameer Khusro.*
- **Ignore those who try to discourage you.**
- **Indolence (laziness) is mother of poverty.**
- Keep on trying. No matter how hard it seems. It will get easier.

- Keep yourself busy at something. **A busy person never has time to be unhappy.**
- Kick out the priests who are always against the progress. –*Swami Vivekānanda*.
- Knowledge is power. –*Hobbes (from his book Leviathan)*
- *Let bygones be bygones.*
- Look before you leap.

## **Love**

- Love is blind.
- Love yourself first and the most.
- Those who love deeply, never grow old. They may die of old age, but they die young. –*Arthur Wing Pinero*.
- Try to love anybody and everybody. – *Swami Vivekānanda*.
- What the world really needs is more love and less paper work. –*Pearl Baily*.
- Whenever you are confronted with an opponent, conquer him with love. –*MK Gandhi*
- Women are made to be loved, not understood. –*Oscar Wilde*
- Faults are thick where love is thin..
- **Misfortunes never come alone.**

- Just because someone does not love you in the way you want, does not mean that they do not love you with all they have got. –*Janos Arany*.
- Man is compound of animality, humanity and divinity. –*Swami Vivekānanda*.
- Man is the only creature that refuses to be what he is. –*Albert Camus*

## **Music**

- Concentration, of course, comes from various sources. Through the senses you can get concentration. Some get it when they hear beautiful music, others when they see beautiful scenery. –*Swami Vivekananda*
- High achievements in art, music, etc. are the results of concentration. –*Swami Vivekananda*.
- In martial music, harmony is greatly needed. –*Swami Vivekananda*.
- A child loves lively music, because the rapidity of the notes gives the mind no chance to wander. –*Swami Vivekananda*.
- Music has such tremendous power over the human mind; it brings it to concentration in a moment. –*Swami Vivekananda*
- Only cowards and weak commit sin and tell lies. –*Swami Vivekānanda*.

- When we hear beautiful music, our minds become fastened upon it, and we cannot take them away. —*Swami Vivekananda*.
- None but a fool is always right.
- One cannot utilise the full potential of mind under anger, tension and if intoxicated. Tension and ailments are the causes of all troubles.
- Open your eyes and see thing as they really are.
- **Self-help is the best help.**
- Guided self-help is the best help.....Author
- Out of debt out of danger.
- **Peace can only last where human rights are respected, where the people are fed, and where individuals and nations are free.**  
—*Dalai Lama*.
- Practice makes everyone perfect.
- Questioning is a necessary step to the acquisition of knowledge.  
--*Swami Venkateshananda*
- **Poverty is a great enemy to human happiness; it certainly destroys liberty, and it makes some virtues impracticable, and others extremely difficult. ...**

**Resolve not to be poor... —Samuel Johnson.**

- Read, study and learn about everything important to your life
- **Reading is to the mind what exercise is to the body.**
- **Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and wrong.** — *Dandy Lion.*
- Serious sport is war minus the shooting. — *George Orwell*
- Serving for humanity is the real end of a profession. —*Ameer Khusro.*
- **Slow and steady wins the race.** Rome was not built in a day. Haste makes waste. Better late, than never.
- **Smooth seas do not make skilful sailors.**  
—*African proverb.*
- **Something is better than nothing.**
- Strike the iron while it is hot.

## **Success**

- **Trials keep you strong, sorrow keeps you human, failures keep you humble and success keeps you glowing.**

- Positive thinking is a strong force that can be harnessed for the welfare and success of all.
- **A smile is an inexpensive way to improve your looks. Keep smiling—it will boost your chart of success. ‘Start your day with a smiling face. —Zen Philosophy.**
- Take control of your own destiny.
- **The essence of knowledge is, having it, to apply it; not having it to confess your ignorance. —Confucius.**
- The first step to knowledge, is to know that we are ignorant. —Cecil.
- **The heart wants what it wants. There is no logic to those things. —Woody Allen.**
- The higher the wave rises on the ocean, the lower it falls, with equal force. —Swami Vivekānanda.
- **The purpose of a business is to create and keep a customer.** All business activities must be focused on this central purpose. —Brian Tracy
- **The road to health is paved with vegetables, fruits, beans, rice and grains. —Polly Strands.**
- The so called new morality is too often the old immorality condemned. —Lord Shawcross

- *The superior man is modest in his speech, but exceeds in his actions.* —Confucius
- **The trouble with the world is that the stupids are cocksure and the intelligent full of doubt.** —Bertrand Russel.
- The wearer best knows, where the shoe pinches.
- There are four types of men: He who knows not and knows not he knows not, he is a **fool**--shun him; He who knows not and knows he knows not; he is **simple**--teach him; He who knows and knows not he knows; he is **asleep**--wake him; He who knows and knows he knows; he is **wise**—follow him.—*Socrates/ An Arabian proverb.*
- Those who are infatuated with lust, fall back into the stream, as does a spider into the web spun by itself. —*Dhamma pada.*
- Those who live in the glass houses, should not pelt stones at others.
- Too many cooks spoil the broth.
- Traditionally, the French and the Persians are known for their fine tastes of culture. Cultured and sensible people need no police.
- **Understand yourself in order to better understand others.**

- Tit for tat.
- **To err is human.**
- **To teach is to learn twice.**
- United we stand, divided we fall.

**Unity is the strength.** Many drops make a shower. Many a little makes a mickle.

### **Sangha Shakti kalau yuge.**

- The help that comes from your supporters besides parents like friends, relatives, **community**, society, (party comrades), NGO and government make you what you are. Thus, **keep on increasing the number of your supporters and well-wishers.**
- Root of all achievements and success are proportional to the amount of **goodwill** you are able to generate by **remaining connected and communicating** with your people.
- Victory has a hundred memories, but defeat has amnesia. –*W I E Gates.*
- Virtue thrives best in adversity.
- We are what we think.

### **What is life?**

- **Life is a biological energy, understand it.**
- Life is a challenge, meet it. Life is a gift, accept it.

- Life is an adventure, dare it.
  - Life is a sorrow, overcome it.
  - Life is a tragedy, face it.
  - Life is a duty, perform it.
  - Life is a game, play it.
  - Life is a mystery, unfold it.
  - Life is a song, sing it.
  - Life is an opportunity, take it.
  - Life is a journey, complete it.
  - Life is a promise, fulfill it.
  - Life is a love, enjoy it.
  - Life is a beauty, praise it.
  - Life is a struggle, fight it.
  - Life is a puzzle, solve it.
  - Life is a goal, achieve it.
  - While there is life, there is hope.
- 
- **When you are heading towards something your eyes should be on the goal.** Don't bother about how difficult the climb is. That makes the climb easier and cheerful. Such a spirit makes you more enthusiastic and inspires you to go further.
  - Where there is a will there is a way.

- **Whether the knife falls on the melon, or the melon on the knife, the melon suffers.**
- Worry does not empty tomorrow of its sorrows, it empties today of its strength. —*Corrie Ten Boom*.
- You have only one life, do what you want to do. Do everything within limits. —*Ashok Kumar*
- Your will for living will further your power of immunity.

## **National Pledge of India**

India is my country. All Indians are my brothers and sisters. I love my country and I am proud of its rich and varied heritage. I shall always strive to be worthy of it. I shall give my parents, teachers and all elders respect and treat everyone with courtesy. To my country and my people, I pledge my devotion. *In their well being and prosperity alone lies my happiness.*

## **National Integration Pledge**

I solemnly pledge to work with dedication to preserve and strengthen the freedom and integrity of the nation. I further affirm that I shall never resort to violence and that all differences and disputes relating to religion, language, region or other political or economic grievances should be settled by peaceful and constitutional means. *In their well being and prosperity alone lies my happiness.*

→ All the Indians, be children or adults need to know and follow the messages of the above Pledges. It is mentioned in the Preamble to the Indian Constitution.

## **National Anthem (Raag Āhang)**

Jan gan man adhināyak jaya he  
Bhārat bhāgya vidhāta.  
Panjāb sindhu gujarāt marāthā  
drāvid utkal vanga  
Vindhya himāchal Yamunā gangā  
Uchchhal jaladhi taranga  
Tava shubh nāme jāge  
Tava shubh āsheesh māge  
Gāhe tav jaya gāthā  
Jan gan mangal dāyak jaya he  
Bhārat bhāgya vidhāta  
Jaya he jaya he jaya he, Jaya jaya jaya jaya he  
...Lyrics: **Robindro nāth Thākur**

## **National Song (raag des)**

### **Vande mātaram**

Sujalām suphalām Malayaja shītalām  
Shasya shyāmalām mātaram, Vande mātaram.  
Shubhra jyotsnā Pulakita yāminīm  
Phulla kusumita Druma dala shobhinīm  
Suhāsinīm Sumadhura bhāshīnīm  
Sukhadām varadām mātaram, Vande mātaram.  
...Lyrics: **Bankim Chandra Chattopadhyay**

**Sāre jahān se achchhā  
hindostān hamārā  
Ham bulbulen hain is kī  
ye gulistān hamārā-1**

Gurbat mein hon agar ham  
rehatā hai dil watan mein  
Samjho wahīn hamen bhi  
dil ho jahān hamārā-2

Parbat wo sabse ūnchā ham sāyā āsamān kā  
Wo santarī hamārā wo pāsbān hamārā-3  
Godī mein kheltī hain is kī hazāron nadiyān

Gulshan hai jis ke dam se  
rashq-e-jinān hamārā-4

Ai āb-e-rūd-e-gangā wo din hai yād tujh ko  
Utarā tere kināre jab kārawān hamārā-5

**Mazhab nahin sikhāta  
āpas mein bair rakhanā  
Hindī hain ham watan hai  
hindostān hamārā-6**

Yūnān-o-misr-o-rūmā sab mit gaye jahān se  
Ab tak magar hai bāqī<sup>1</sup>  
nām-o-nishān hamārā-7

Kuchh bāt hai ki hastī mitatī nahin hamārī  
Sadiyon rahā hai dushman  
daur-e-zamān hamārā-8  
.....Lyrics by: **Mahammad Iqbal**

## **Synopsis of book**

Each and every teenager has the right to get the **right guidance** and **the right direction** to lead his/ her life smoothly. There are many teenagers, who make progress because of the drive of their strong internal power, sheer will and zeal, and through their ingenuous study and perseverance, but sometimes they fail taking right decision at the right time. It happens due to the lack of proper guidance. When they are frustrated in life, this mini book might be able to help them to some extent.

There may be plenty of first generation school goers, even in the 21<sup>st</sup> century, who are not fortunate enough in securing **right guidance**.

There are many students, who have dreams, ambitions, will power to excel, desire for position and coveted job but no proper guide to progress.

This book will benefit those immature young minds, specifically the adolescent teenagers, who do not get proper and complete guidance from their parents, relatives, friends, peers, society; from the preaching of saints, reformers, counsellors or

from the schools and the colleges during their study period of 10-15 years. Sometimes the teenagers are shy of asking questions, presuming ‘what others will say/ think; for them my small book might work wonders.’

**Everybody deserves getting the valuable association of a friend, philosopher and guide in life, but it is very difficult finding a special someone as people with knowledge and wisdom have vested interests too.**

This book has answers to many important questions of life.

### **→Why did I write this book?**

Here it is quite essential to note that one should not go by peer pressure or the suggestions of peers. Instead, a teenager must verify the validity of any statement and its pros and cons with an experienced and reliable elder before lifelong commitment to any particular ideology. For example, I suffered from the statement of a classmate after my 8<sup>th</sup> standard that a student of science must understand the subject and **must not go by rote learning**. I was a loser because of that, for an examination or test demands ones

fast and precise reproduction of answer in India and not his/her depth, understanding and sagacity in the subject. Because of this misguided fact, I could not fare well in the graduate examinations for I shunned memorisation, though I feel I am highly knowledgeable in my subject of physics and others.

I have made this work of compilation on the basis of my personal experiences of losses and gains, and following the preachings of the great personalities and the guidance from Geetā, Mahābhārat, Rāmāyan, Cheiro's predictions on Palmistry - numerology laying stress on both the Eastern and Western outlook of modern life.

## **Author's Remarks**

If my readers can better their life with the content of this book, I will feel immensely gratified and will consider that I am successful in fulfilling a part of my duty to my fellowmen of India and the society in which I grew up.

I would suggest my readers to seek help of their elders and teachers to understand any point they find difficult to accept in this

booklet. My beloved teenagers are also most welcome to write me in the following address for clarification of their queries, but they must have the patience of waiting while receiving a delayed response from me.

Thanking you with the best wishes of securing a great, happy and successful future.

**Ramkrishna Das**

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\*Work started in 2003-04 in Bhayandar East and completed on 15 Sept, 2023 in Borivali West (New MHB Colony).

## **Profile of Author**

Name: **Ramkrishna Das**

(born on 8 December, 1960)

**MSc** – Physics, BHU, 1989.

**BEd** - Mumbai Univ, 1995.

**Vishārad topper-vocal music, Gāndharva Mahavidyalay, Miraj, 2012.**

B-High grade khayāl & thumri singer, AIR, Mumbai (2014).

Former B grade Dhrupad singer, AIR, Mumbai (2k-05).

Published more than 250 write ups in 29 newspapers and periodicals in English, Hindi and Bengali since 1993.

Served as **music teacher cum performer in South Africa** deputed by ICCR, MEA, Delhi during 2014-2016.

Hindustani classical vocalist Śrī Rām Krishna Dās has over 300 audio clips (over 150 Hrs) of vocal recitals in 200 rāgs including 40 audio clips on ancient Jāti and Grām rāgs on Youtube under the heading of 'Ramkrishna Das sings'. There are some CDs of his music too from Musicians' Guild, Facing East and TISS.

He has visited UK, Germāny, Fiji, Banglādeśh, Lesotho and South Africa to present classical, light classical, folk and devotional music. He has worked as a visiting professor to Dept of Music, Univ of Mumbai.

He has published 30 traditional and digital books most of which are music research, e. g.

- **Secrets of Vedic Music**
- **Vaidik sangeet ka Gupt Rahasya.**
- **Rāg Dhun Dictionary**
- **Swami Vivekananda and Music**
- **Facets of Indian Music**
- **Ameer Khusro the Great Indian**

He has received an award of Junior (2000-02) and Senior Research Fellowship (2009-11) from the Ministry of Culture, Government of India to do research on the music of courtesans and on the Rāgs of Indian music.

He has learnt rāgdāri based classical vocal music (1967-2018) from many recognized masters including his father late Hari Das (simple rāgdāri, dotārā, harmonium, Bengali folk songs, polligiti, bāul, bhātiyāli, deho-tattwo, Rāmāyan and Bengali Pado

kirtan, ashtapadi, shyama sangeet, bhajan, etc.).

He taught physics at Mumbai based Rizvi College (1991-93) and National College (1993-95).

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## **Tips for Teenagers**

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